



Beef Fillets with Stilton-Portobello Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce beef tenderloin fillets
- ☐ 3 ounces cheese blue divided crumbled
- ☐ 5 tablespoons butter divided
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 8 ounces portobello mushroom caps sliced
- ☐ 0.5 cup cup heavy whipping cream sour

☐ 6 servings garnish: tarragon sprigs fresh

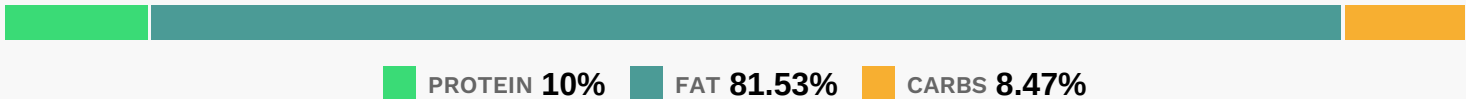
Equipment

☐ frying pan

Directions

- ☐ Rub fillets with tarragon and pepper.
- ☐ Melt 2 tablespoons butter in a large skillet over medium-high heat. Cook fillets 4 to 5 minutes on each side or to desired degree of doneness.
- ☐ Remove from skillet, and keep warm.
- ☐ Melt remaining 3 tablespoons butter in skillet.
- ☐ Add mushrooms, and saut 3 to 4 minutes or until tender.
- ☐ Add wine, and cook 1 to 2 minutes, stirring to loosen particles from bottom of skillet. Stir in sour cream.
- ☐ Sprinkle 1/4 cup cheese into sauce, stirring until melted.
- ☐ Arrange fillets on a serving platter, and drizzle with sauce.
- ☐ Sprinkle with remaining cheese, and garnish, if desired.
- ☐ *Beef broth may be substituted for wine.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:6.1482608473819%

Flavonoids

Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 196.59kcal (9.83%), Fat: 17.44g (26.83%), Saturated Fat: 6.59g (41.19%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.67g (1.86%), Cholesterol: 21.94mg (7.31%), Sodium: 283.44mg (12.32%), Alcohol: 1.4g (100%), Alcohol %: 0.66% (100%), Protein: 4.81g (9.62%), Vitamin A: 715.79IU (14.32%), Selenium: 9.88µg (14.11%), Calcium: 118.56mg (11.86%), Phosphorus: 118.41mg (11.84%), Vitamin B3: 2.01mg (10.07%), Vitamin B2: 0.16mg (9.55%), Manganese: 0.18mg (9.18%), Vitamin B5: 0.75mg (7.53%), Potassium: 255.28mg (7.29%), Copper: 0.13mg (6.54%), Vitamin B6: 0.13mg (6.45%), Folate: 21.55µg (5.39%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.24µg (4.06%), Iron: 0.73mg (4.05%), Vitamin E: 0.48mg (3.19%), Magnesium: 11.6mg (2.9%), Fiber: 0.66g (2.63%), Vitamin B1: 0.04mg (2.39%), Vitamin C: 1.03mg (1.25%), Vitamin D: 0.18µg (1.23%)